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## CSB Prevention Services

CSB Prevention Services provides programs that promote healthy behaviors and lifestyles. Programming addresses community needs identified by stakeholders as risk and protective factors. Risk factors are personal characteristics or community features that increase the danger of substance abuse, mental health concerns, and other problems. Protective factors increase healthy behaviors and lifestyles that ultimately reduce the risk for problem behaviors. By intervening before a problem starts or at the start, the need for future, more costly treatment services is prevented.

### What is the CSB?

The Fairfax-Falls Church Community Services Board was established in 1969. The CSB's mission is to:

- Serve Fairfax-Falls Church residents with, or at risk of, severe and persistent mental illness or acute psychiatric emotional distress; mental retardation; or alcohol or drug abuse or dependency.
- Empower and support the people we serve to live self-determined, productive and valued lives within our communities.
- Identify, develop, and offer programs on prevention, intervention, treatment, rehabilitation, residential, and other support services in a personalized, flexible manner appropriate to the needs of each individual and family we serve.

### How are services provided?

Prevention Services are designed to work with individuals, groups, families, and the entire community. Many programs are offered after-school at school sites. Programs are also offered at community centers, recreation centers, faith community sites, Family Resource Centers, and just about anywhere people naturally congregate in the community.

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## Prevention Services Mission

To enhance the well-being and resilience of residents of Fairfax County and the Cities of Fairfax and Falls Church through strategies that promote mental health and prevent substance abuse.

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## Prevention Guiding Principles

Strength-based  
Evidence-based  
Collaborative  
Multicultural  
Family-focused  
Community/Neighborhood/Population-driven  
Data-Driven



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## Recognition

- 2003 OJJDP Promising Program: Girl Power
  - 2002 National Association of Counties (NACo) Innovations Award: Girl Power
  - 2000 CSAP National Model Program: Leadership and Resiliency Program
  - 2000 Washington Regional Council of Governments Substance Abuse Prevention Award: CSB Prevention and Leadership and Resiliency Program
  - 1999 National Association of Counties (NACo) Award: Leadership and Resiliency Program
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*Director of Quality Assurance*  
*3900 Jermantown Road, Suite 200*  
*Fairfax, Virginia 22030*  
*(703) 934-5477*  
*TTY (703) 538-5292*

*Spanish Relay*      *Voice (800) 855-2885*  
*TTY (800) 855-2884*

Please allow seven working days in advance of the event in order to make the necessary arrangements.

web site:  
*[www.fairfaxcounty.gov/service/csb/ads/adsmain.htm](http://www.fairfaxcounty.gov/service/csb/ads/adsmain.htm)*  
e-mail: *[www.csb@fairfaxcounty.gov](mailto:www.csb@fairfaxcounty.gov)*

24-hour Emergency Services:  
*Woodburn Mental Health (703) 573-5679*

Published December 2003

## Fairfax-Falls Church Community Services Board

# Prevention Services

Providing programs designed to reduce substance abuse and promote mental health in the community.

**Alcohol and Drug Services**  
**(703) 359-7040**

**TTY**  
**(703) 538-5292**

**Mental Health Services**  
**(703) 481-4230**



# Ongoing Prevention Programs

## *Creating Lasting Family Connections*

CLFC is a research-based program for parents and their children, ages 11-15. Parents and youth meet separately to discuss:

- Family communication;
- Working together as a family;
- Appropriate discipline;
- Avoiding alcohol and drugs; and
- Learning how to speak up for yourself.

Parents and youth then meet together to practice their new skills.

Contact: Karen Scudder at 703-934-8781

## *Girl Power!*

Girl Power is a 32-week substance use prevention program for girls, ages 10-15. The program teaches a strong “no use” message about alcohol, tobacco, and other drugs, while providing opportunities for girls to build skills and self-confidence in academics, arts, sports, and other endeavors. The program has four components:

- Education and skill-building groups, focusing on specific topic areas each session;
- Community leadership and service projects;
- Alternative activities and recreational sessions; and
- Communication Workshop and outreach to parents and caregivers.

Girl Power groups are facilitated in sites across Fairfax County through a partnership between the Fairfax-Falls Church Community Services Board and community partners.

Contact: Clara Marshall at 703-704-6046

## *Leadership and Resiliency Program*

The Leadership and Resiliency Program is an intensive substance abuse and violence prevention program for high school students that uses a strength-based model focusing on the whole person. The program has three major components:

- In-school groups, co-facilitated by school personnel, focusing on skill-building, leadership development, problem-solving, and substance abuse education;
- Community volunteer projects that focus on altruism, a valued community identity, and personal responsibility. Examples of these projects include prevention puppet shows to elementary school children, work with abused animals at an area animal shelter, and community clean-up days; and
- Alternative activities, including kayaking, hiking, yoga, fishing, and rock-climbing. These activities focus on positive risk-taking, future orientation, and healthy decision-making.

Contact: Karen Scudder at 703-934-8781

## *Family Education Program*

The Family Education Program assists families seeking help for themselves or a family member who is abusing substances. Through education, consultation, planning, and preparation, family members identify coping skills, learn family roles, and explore strategies and potential solutions.

Contacts: Lisa Potter at 703-934-8787 or  
Patti McGrath at 703-934-8770

## *Middle School After-School Programs*

In its third year of funding, the State Incentive Grant uses three research-based programs for middle school youth and their parents/caregivers:

- *Get Real About Violence* encourages youth to change norms that promote or increase the risk for violence.
- *Life Skills Training* focuses on reducing the major risk factors that promote substance use.
- *Guiding Good Choices* is a five session program for parents of middle school youth designed to teach them how to reduce the risk that their children will develop drug problems.

These programs are implemented in partnership with the Unified School-Community Coalitions and the Safe and Drug-Free Youth Section of the Fairfax County Public Schools, with funding from the Governor’s Office on Substance Abuse Prevention.

Contact: Patti McGrath 703-934-8770

## *Over Time Program*

Over Time is a 24-week substance use and violence prevention program for youth, ages 8 to 11 years old. The program focuses on:

- building media literacy;
- developing and marketing anti-drug/anti-violence messages; and
- participating in awareness-building activities in the community.

Contact: Earl Edwards 703-704-6803

## *Wellness Discussion Series*

This six-week discussion series is provided at senior centers, senior housing programs, AARP, and other adult community gatherings. The topics include:

- wise use of medication;
- how to talk to your doctors;
- habits over a lifetime;
- when one drink is too many; and
- emotions and how to handle them.

Contact: Margaret Kollay at 703-934-8772

## *Other Prevention Services*

- Community and neighborhood outreach
- Public speaking and education
- Technical assistance, consultation, and training
- Problem identification and referral
- Newsletter and publications
- Programs for parents
- Health fairs
- Substance Abuse Awareness Week

## *Tobacco Prevention*

Education about the dangers associated with tobacco use is integrated into all prevention activities. Other activities include involvement in the Virginia Tobacco Settlement Foundation’s Regional Advisory Board, vendor education, and social norms marketing efforts. Information about tobacco cessation programs is also disseminated.

Contact: J.D. Miller at 703-968-4010